

## SLEEP HYGIENE

# APPS FOR MINDFULNESS AND RELAXATION.

### Sleep

- **Calm:** Useful for sleep and meditation and has several features that are available at no cost.
- **White Noise:** For helping to get a good night's sleep.
- **Sleep Cycle:** The importance of a good night's sleep has been linked to happiness, healthiness and calmness. The Sleep Cycle app is basically an intelligent alarm clock that tracks your sleep patterns and wakes you up during a light sleep cycle, giving you the feeling of having woken up naturally rested.
- **Headspace:** Everyday mindfulness and meditation for stress, anxiety, sleep, focus, fitness and more.

### Mindfulness and stress reduction

- **Happify:** Based on years of happiness research, this app is designed to put you in a happier frame of mind, help you to handle stress and boost your self confidence.
- **5 minute Journal:** A simple way to reduce stress and focus on the positive by writing down your feelings and thoughts of the day.
- **5 minutes of Gratitude:** A daily gratitude journal that is simple and completely customisable. Whether you like to journal with the keyboard or in your own handwriting, this app lets you do both.
- **Forest:** Use your phone to help you focus. The premise is simple. You 'plant' a tree and watch it grow. It will only grow if your phone stays on the app. That means no thumbing through social media feeds or texting, freeing up your mind to concentrate on the task at hand.

